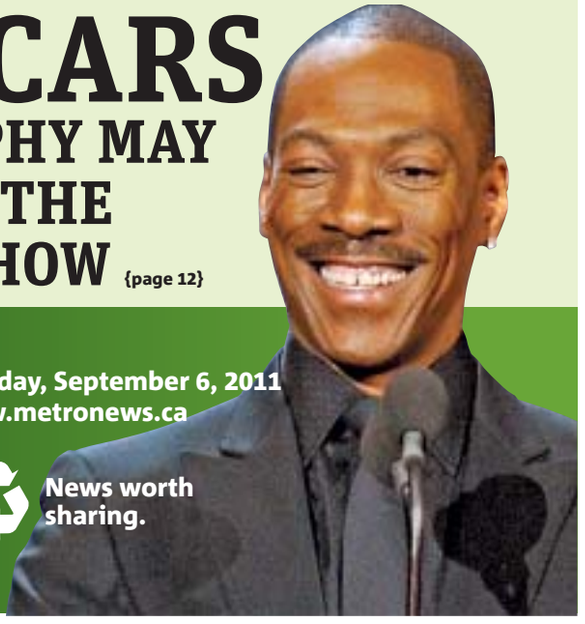
LOVE SONGS
DATE NIGHT AT THE KARAOKE BAR WILL STRIKE A CHORD {page 16}

OSCARS
MURPHY MAY HOST THE BIG SHOW {page 12}



LONDON metro®

Tuesday, September 6, 2011
www.metronews.ca

News worth sharing.

Fighting for a job

The job of hockey enforcer has faced more scrutiny with the deaths of three NHL players this summer The effects of concussions and depression are points of concern

JIM REYNO
@METRONEWS.CA

So you're the smartest guy in the office. Everyone respects you, and your word is the final word.

Hang on — there's a new smart guy, and he wants your job. But he's not going to send you a critical email and cc the boss, he's not going to pick you apart with PowerPoint, he's not going to spread gossip in the lunchroom.

His approach is more direct. He's going to punch you in the face.

Welcome to the working world of the hockey enforcer.

"It's hard on you," said Leigh Salters, a 22-year-old Londoner making a name for himself as an enforcer. "You go into each game, and you know who you're playing, you know who you're going to fight.... If you lose one fight, then you could be going down.

"It's pretty mentally draining, and that's what happens from week to week."

Salters, a former Knight, has signed a one-year deal with the Florida Everblades of the East Coast league. The recent tragedies involving hockey enforcers have only reinforced how dangerous the job is. There's anxiety that you could get seriously hurt.

"I think it plays with your mind a little bit, but once you're actually about to fight, it's the last thing you're thinking about," said Salters, who has suffered two concussions. "You don't really think about it at the time. But for some reason before the fight, it is in the back of your mind."

But talk about banning fighting, and the gloves come off.

"Someone who thinks fighting shouldn't be in the game doesn't know the game," said Salters, listed at six-foot-four and 225 pounds. "You can ask any skilled player in the NHL, AHL, they're going to agree that they need fighting.

"You get little rats running around, using their sticks and doing cheap shots. You need the tough enforcers to police the game. You really need it."

The bottom line for Salters: Being an enforcer is a difficult, stressful job. But it's a necessary job, and he's prepared to do it.

"You know what you sign up for, you know what you're doing."

Salters pauses when asked what the positives are to being an enforcer.

"You're still playing hockey, you're still doing what you want to do," he said. "You want to make it to the next level, you want to be in the NHL.

"That's the drive, right there," he says. "That push from when you were a kid."

▶ Londoner Leigh Salters says being a hockey enforcer is stressful, but he's prepared to do it.

Politics

Chow not after top NDP post

Olivia Chow say she won't be a candidate to succeed her late husband, Jack Layton {page 4}

Berry blue treat

Local harvest a boon for muffin makers {page 15}

Walking off a hero

Game-winning home run latest clutch hit for Blue Jays' rookie Brett Lawrie {page 21}

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1 news

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Toronto's Labour Day parade affords hundreds a chance to say thank you to the late Jack Layton. Video at metronews.ca

Follow us on Twitter @themetrolondon

New festival holds its own

Fall Fest will return next year, despite lower-than-expected attendance Festival featured loads of free music, over 50 exhibitors

ANGELA MULLINS
@METRONEWS.CA

A Labour Day weekend festival at Victoria Park may have been a new venture for Londoners.

But for Doug Hillier and the rest of the folks behind Family Shows Canada, it's been in the making for several years.

"(Doug) noticed that a lot of people might be going to the cottage ... but there wasn't really anything in the city for people to do," Doug's father, Cecil Hillier, said.

From that, Victoria Park's Fall Fest was born.

The Hilliers estimate about 20,000 people attended the inaugural event, which started Friday and wrapped up yesterday.

That's about 30,000 people shy of the goal. But, after factoring in a weekend of wacky weather — highs of about 30 C Friday, Saturday and Sunday, dipping into the mid-20s yesterday — the Hilliers weren't that disappointed.

"(Sunday night) we had a band on stage ... and people were standing there clapping in between the raindrops," Cecil said. "It was almost as if everyone was ready for a party."

"If anything, it's a good start for a first-time festival. We'll talk about what we saw ... talk to vendors about the feedback they heard ... and go from there."
DOUG HILLIER, FALL FEST ORGANIZER

Family Shows Canada is no stranger to London festivals. The same group has been doing Ribfest — which draws about 200,000 people to Victoria Park — for more than two decades, along with the Kids Expo and the International Food Festival each summer.

Fall Fest will be back next year and has the ability to match the popularity of London's long-standing events, the Hilliers said.

The festival drew a lot of young families out to carve pumpkins, make scarecrows and navigate a straw maze.

Because of the strong family presence at Fall Fest, Hillier said there may be some changes next year, including nixing the beer garden.

ANGELA MULLINS/METRO

▶ Alice Vandendool, 7, of St. Thomas and Nicole Kyle, 34, of London put the finishing touches on a jack-o-lantern yesterday during the final day of Fall Fest at Victoria Park.

Police ask residents to lock windows, doors

People in northeast London and the Oakridge areas are being warned by police to keep their doors and windows locked at night.

Last Friday, 17 homes in the area of Oxford and Hyde Park were targeted overnight. The following night, 11 homes off Sunningdale, east of Adelaide, were targeted.

Police say the person appears to be looking for laptops and other small electronics.

28 The number of break-and-enters or attempted break-and-enters police say happened over a two-day period last week.

The suspect believed to be involved in the Oxford and Hyde Park Road incidents is described as a white man, 20 to 25 years old, five-foot-ten and 195 pounds. He was wearing a black T-shirt, black shorts and black running shoes.

Police haven't said if the same person is considered a suspect in the other 11 cases.

Anyone with information is asked to call the London police (519-661-5670) or Crime Stoppers (1-800-222-8477).

METRO

News in brief

Arrest may lead to other charges

BUSINESSES. More charges may be coming after an arrest was made after several break-and-enters into businesses around Hamilton and Egerton streets.

Police are investigating up to 11 occurrences where the suspect may be involved.

METRO

Bus drivers won't cross picket line

FANSHAWE. The ongoing strike by support workers at Fanshawe College means a bit of extra exercise for thousands of students when classes resume today.

The union representing more than 500 striking OP-SEU members at Fanshawe says LTC bus drivers will not cross picket lines set up at the College.

AM980

Liberals courting Ontario students

Grits: Re-elect the premier, and he'll knock down tuition fees Also promise to expand GO train service

FRANK GUNN/THE CANADIAN PRESS

▶ Dalton McGuinty

Ontario's governing Liberals are promising a 30 per cent grant for undergraduate tuition fees if they are re-elected Oct. 6.

Premier Dalton McGuinty says the grants of $1,600 for each university student and $730 for each college student will begin Jan. 1.

The money will go to the colleges and universities, which will be required to lower the tuition bill for each student.

The grant will apply to families with incomes under $160,000 — about 86 per cent of the 90,000 full-time students in Ontario's post-secondary institutions.

The Liberals, who released their campaign platform today, say the grants will cost taxpayers $200 million this year, growing to $486 million a year by 2015-16.

As reported earlier, the Liberals also promise to create another 60,000 university spaces at three new campuses, but the platform doesn't say where those campuses will be built.

The Liberals say they will expand GO trains to all-day service from early morning to midnight, but it will take 10 years before all the new tracks are laid and everything else is in place for the increase from the rush-hour service for the commuter trains.

The Liberals also plan to spend $12 million to provide a tax credit to employers who hire immigrants for their first job in Canada.

The platform also promises another $60 million for support workers to buy three million more hours of home care for seniors.

THE CANADIAN PRESS

Western. Mustangs

▶ Western Mustangs running back Tyler Varga escapes the grasps of Waterloo defenders on the way to his first OUA touchdown last night at TD Waterhouse Stadium.

GEOFFREY MCMURRAY/METRO

Mustangs trample the Warriors

Western orientation hit the ground running last night at TD Waterhouse Stadium as the Western Mustangs took on the Waterloo Warriors before a crowd of more than 10,000. The Mustangs won 86-22.

1 The number of hours overnight parking is banned. Street parking is now prohibited between 3 a.m. and 5 a.m.

Summer parking ends

Starting tomorrow, parking is prohibited between 3 a.m. and 5 a.m. If you're parked on the street during those hours, you could get a ticket or be towed.

Summer Feedback

We asked Londoners through social media what the highlight of summer 2011 was in the Forest City. Here's what you said:

Local tweets

- **@BrianBlatnicki:** highlight = the @mindyourmind_ca International Youth Day Mash Up Challenge a truly amazing event engaging youth in #ldnont
- **@john_teeter:** My highlight for my #ldnont summer was @HomeCountyFolk.
- **@LeGiff:** Getting a Metro paper in town ;-)
- **@seymourdon:** moving to london the biggest highlight. Definitely.
- **@DayaCounselling:** Spending time with my family during my 2 wk vacation. :) ^NS
- **@NikkehSass:** Camping at the Pinery. Watching the sunset on Lake Huron was just awesome, but then getting to sleep over was fantastic!:
- **@miss_janet_a:** The intolerable heat!!!:
- **@BHRaymond:** The best part of summer will be the kids going back to school:)
- **@edjackman:** The Black Keys @JLC, great patios like @morrisseyhouse & @GambrinusBistro, several festivals & awesome #ldnont people.
- **@laurashelby:** @themetrolondon I love all the construction! It's my favourite part of summer every year. Driving through the city without delays is a drag.
- **@erinjohannson:** soundgarden & the black keys at the @JLC
- **@Evolving:** This was my 1st summer in ldnont. cant complain about nothing to do when there is a festival every wknd. loved it!!

On Facebook

- **Katie Naus:** The heat! I'm going to miss it.
- **Debra Low:** London Pride Festival - having the Rainbow Flag flown at City Hall and having the Mayor, Police and Fire Departments participating for the very first time ever!
- **Leanna Hess:** Three Days of Rock the Park - especially the down pour on the Saturday and people still drinking and enjoying every minute waiting for STP.
- **Pauline King Shannon:** Festivals, festivals, festivals! Sunfest, Lorne Ave Street Party, Fringe, ... Dundas Car free Street Party, The Wishing Wall at the Ark, ect, etc, it's been a busy festive summer. Right on!
- **Madison Florence:** Just plain old enjoying the weather and summer festivals with my hubby and 4yr old!

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Labour parade keeps Layton's spirit alive

- Thousands marched, many clad in orange and raising NDP banners
- Ontario NDP leader predicts a turning of the tide in provincial election

DARREN CALABRESE/THE CANADIAN PRESS

▶ From right to left, Mike Layton, Ontario NDP Leader Andrea Horwath, interim federal NDP Leader Nycole Turmel, and Sarah Layton march in Toronto's Labour Day parade in memory of Jack Layton yesterday.

The memory of Jack Layton loomed large at Toronto's Labour Day parade yesterday, with his name or picture on banners, placards, orange T-shirts and scarves.

Thousands of people, many wearing union T-shirts and others pushing strollers, some on bicycles, went on the move from downtown to the CNE in the parade dedicated to the late NDP leader, who died from cancer last month.

Toronto city councillor Mike Layton, his sister Sarah, interim federal NDP leader Nycole Turmel and Ontario NDP Leader Andrea Horwath led off the procession, which featured members of various unions marching, bagpipes, drums and vehicles with balloons.

They held an orange banner featuring a photograph of a smiling Jack Layton that read "Labour Day march for Jack."

Mike Layton said his father would have enjoyed the parade and all the orange people were wearing.

"I know he always enjoyed a good parade and a good showing of solidarity with the workers of our city," he said.

A yellow banner was emblazoned with the words "Olivia We're With You." The Parachute Club song Rise Up, which Lorraine Segato sang at Layton's state funeral in Toronto, rose into the air alongside union members singing "solidarity forever."

Ontario NDP Leader Andrea Horwath said the parade was a chance to say thank you "in a large and vocal way" to Layton for his contribution to society.

"I think today is a way of saying, 'You know, let's stay united and let's make sure that we actually fight for and work towards the kind of vision that Jack set out.'"
ANDREA HORWARTH, ONTARIO NDP LEADER

"Jack worked very hard for everyday working people, not only to get justice in terms of workplace issues, but to really make a difference for everyday families."

Horwath also called the parade a passing of the torch. "I think that today is a way of saying, 'You know, let's stay united and let's make sure that we actually fight for and work towards the kind of vision that Jack set out.'"

His legacy, which includes the wave of orange that swept Quebec and moved the federal NDP into the official Opposition in the May 2 election, will also affect the Ontario election campaign, she predicted.

"People are feeling like they want to see some change in Ontario," she said. "So this campaign will be about what kind of change do people want."
THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ New Democrat MP Olivia Chow

Leadership not for Chow

New Democrat MP Olivia Chow says she won't be a candidate to succeed her late husband, Jack Layton.

Chow says she'll continue her duties in the House of Commons and will fight for things like increased public transit.

"We have a lot of capable people that can be leader. That's not my role," she said in an interview with CBC.

Layton died last month after a fight with cancer, and Chow's name has been mentioned by some as a potential candidate in a leadership race likely to be held sometime next year.

Quebec MP Thomas Mulcair and party strategist Brian Topp are among several contenders who have expressed interest in the top job. **THE CANADIAN PRESS**

'Homeless hero' sentenced to six months in jail

JAMES TURNER
@METRONEWS.CA
METRO CANADA IN WINNIPEG

KEN GIGLIOTTI/THE CANADIAN PRESS

▶ Faron Hall

A man known affectionately across Canada as Winnipeg's "homeless hero" has been ordered to serve six months in jail following a violent panhandling run-in with a city doctor.

Faron Hall, 48, was arrested downtown May 30 and has been locked up since. He recently pleaded guilty to a charge of assault.

The victim and her two kids were getting into their car after shopping when Hall approached and put his hands out as if to ask for money, court heard.

The doctor, described as "a good-natured person," apologized, telling Hall she had no cash, and reached to give him apples instead.

Hall grew angry and "slammed the door on her, pinning her between the car and the door," according to Crown attorney Susan Helenchilde.

Hall's heroics for diving into a freezing Red River to save a young man in May 2009 won him official honours from the City of Winnipeg, along with national attention. Months later, he also rescued a friend.

"It's very sad that it's come to this and that he's engaged in this sort of behaviour, having established himself in such an admirable way," said Helenchilde.

"When he was recognized by various actions, he had many supporters. The mayor, other dignitaries, the press ... were all trying to help him out."
BARRY SINDER, WINNIPEG LAWYER

Hall once had ambitions of completing university, but decades of battling alcoholism coupled with suffering through "horrific personal tragedies," thwarted this, said defence lawyer Barry Sinder. Hall was credited for the four months served and will remain in jail for another 60 days.

Another shot on Samson Cree Nation

SHELLEY WILLIAMSON
IN EDMONTON

RCMP are investigating the fatal shooting of a 23-year-old woman on the Samson Cree Nation early yesterday, next door to where a boy was shot to death in July.

Const. Perry Cardinal said the shots were fired from outside the Hobbema home, where "some kind of gathering" was happening.

Officers responded around 2:55 a.m. to find a woman in the yard suffering gunshot wounds. She was pronounced dead in hospital in Wetaskiwin.

Though police have no suspects, Cardinal said they are interviewing "a bunch of people of interest."

He said they're hoping someone will co-operate with more details about what left the woman, who has not been identified pending notification of next of kin, dead.

Police are not saying whether they think the shooting is linked to the July 11 killing of five-year-old Ethan Yellowbird, who died by a single gunshot as he slept.

No charges have been laid in his death. Police are probing possible gang activity in that incident.

Mubarak trial erupts in chaos

DIMITRI MESSINIS/THE ASSOCIATED PRESS

▶ A woman holds a photo of a dead relative outside the trial of Hosni Mubarak yesterday.

A senior police officer said there were no orders to shoot protesters in Cairo's Tahrir Square in startling testimony yesterday at the trial of ousted President Hosni Mubarak on charges he was complicit in killing Egyptians involved in the uprising against his rule.

The testimony came from a police general who had been called to the stand by prosecutors who had expected him to reveal who gave orders for police to open fire on protesters. But Gen. Hussein Moussa said police were ordered to use only tear gas and rubber bullets and resorted to live ammunition only to protect police stations.

It was a dramatic and confusing start to the prosecution's case. Moussa was the first witness to be called in a trial that has been dominated by procedural issues since it began on Aug. 3.

The session was stormy. Outside the police academy compound where the trial is being held, hundreds of relatives of protesters who were killed in the uprising clashed with police and tried to force their way in, frustrated at being prohibited from attending the trial.

THE ASSOCIATED PRESS

Gadhafi reps sought arms: China

- Libyan rebels say invoice was found listing $200M in Chinese weapons
- Rebels seek improved ties with China

China confirmed yesterday that representatives of Libyan dictator Moammar Gadhafi visited in July in a bid to buy arms, news that could further damage Beijing's relations with the new opposition government in Tripoli.

Although China insists no weapons were delivered, a spokesman for the Libyan opposition said there is evidence that Chinese companies shipped weapons through Algeria to Gadhafi's forces after the outbreak of the uprising, in violation of a UN arms embargo.

Rebel military spokesman Abdel Raham Busim said documentation was still being collected and the new government was considering bringing legal action against Beijing, possibly at the United Nations.

Chinese Foreign Ministry spokeswoman Jiang Yu said Gadhafi's officials met with representatives from Chinese companies but insisted that no contracts were signed and no weapons were shipped.

THE ASSOCIATED PRESS

FRANCOIS MORI/THE ASSOCIATED PRESS

▶ A Libyan rebel looks at boxes of shell heads in a Libyan state industrial complex found by rebels in Crimea district, south of Tripoli, on Sunday.

Rebels converge on Gadhafi stronghold

Rebel reinforcements converged outside one of Moammar Gadhafi's last strongholds in Libya yesterday, even as the forces arrayed against the toppled dictator gave the town a chance to surrender and avoid a fight.

Thousands of rebels have now reached Bani Walid, a desert town southeast of Tripoli. Gadhafi himself has been on the run since losing the capital last month.

THE ASSOCIATED PRESS

ADVERTISING FEATURE

SEPTEMBER AND SCHOOL: THE "PERFECT STORM" FOR ASTHMA

As summer winds down, many parents and students focus on the school year ahead. That usually means buying school supplies and longer pants. But for parents of children with asthma, the start of the school year should also include taking preventative steps to protect their kids from the "September Spike" – the annual increase in asthma-related emergency room visits that happens when school begins.

Cold viruses – that are easily spread from person to person - are one of the most common triggers for asthma symptoms. Kids are in close contact with each other in classrooms, schoolyards and buses. This close contact helps germs spread and increases kids' risk of infection.

"Many respirologists refer to the September Spike as the 'perfect storm'," says Carole Madeley, director of Respiratory Health Programs for the Ontario Lung Association. "Cold viruses, combined with the fact that many kids with asthma have changed or interrupted their regular asthma management schedule over the summer months, act as major triggers, resulting in Emergency Departments across the province chock a block with asthma patients."

More than 1.7 million Ontarians have asthma, with about 20 percent being children, which means it's a big problem for many families and hits all schools across the province. Dr. Sharon Dell, a pediatric respirologist at Toronto's SickKids Hospital stresses, "Good asthma control requires daily efforts. Anti-inflammatory medications are often needed every day. Avoiding asthma triggers also demands a continuous effort. However, the benefit of having well controlled asthma and being able to live a full, active life is well worth it."

Through a major public education campaign the Ontario Lung Association helps parents take steps to prevent their children from having an asthma attack. One of the key campaign messages: regular use of controller medication such as anti-inflammatory medications significantly reduces the risk of emergency room treatment for asthma. By ensuring good asthma control, you can protect your child all year round.

The Ontario Lung Association is a respected resource for parents and teachers. Call 1-888-344-LUNG (5864) and speak to a certified respiratory educator or visit www.on.lung.ca

1-888-344-LUNG (5864) • www.on.lung.ca • info@on.lung.ca

THE LUNG ASSOCIATION™

DANIEL BARRY/GETTY IMAGES

▶ What was in those drinks, anyway? An iPhone 4 prototype was lost in a Redwood, Calif., bar by an Apple employee in March 2010. Now Apple is on the hunt for another smartphone prototype, this one left behind in a restaurant in San Francisco's Mission Hill district.

Apple on scent of lost iPhone 5

Company enlists police to help find prototype
Misplaced by employee at San Francisco restaurant

San Francisco police officers helped Apple Inc. investigators look for a missing iPhone 5 prototype that was left in a city restaurant in July, the police chief said, the second time in two years the company has lost an unreleased smartphone.

Police Chief Greg Suhr said four plainclothes officers accompanied two Apple investigators who searched a San Francisco home for the iPhone prototype.

The Apple employees conducted the house search after asking the resident's permission, and the officers did not enter the home, police said.

Déjà vu

- **Two men were charged** with misdemeanours last week for selling a lost Apple iPhone 4 they found in March 2010 in a bar in Redwood City, Calif. That phone was sold to the gadget blog Gizmodo.com for $5,000, prosecutors said.

Apple tracked the smartphone to the home using GPS technology, but the gadget wasn't found there, Lt. Troy Dangerfield said.

Sergio Calderon, who lives in the home, said he was led to believe all six people were police officers and would not have admitted the two investigators had he known they worked for Apple.

Apple officials would not comment on the case.

Suhr said it's not uncommon for San Francisco police officers to help private investigators. He said he didn't know how the Apple employees presented themselves to Calderon.

"The reason we do civil standby is to make sure there isn't a problem," he said.

Apple, based in Cupertino, Calif., is reportedly planning to release the new version of its popular iPhone this fall.

THE ASSOCIATED PRESS

Future 'bleak' for young workers, OFL chief says

Canada could face a labour shortage within five years as baby boomers retire, even as a younger generation of workers confronts a future full of part-time jobs with poor pay and little in the way of a pension, observers say.

Sid Ryan, president of the Ontario Federation of Labour, said he's worried students graduating with a bachelor degree won't find good jobs so they can pay off student loans and build a future.

"The kids today cannot look forward to full-time, decent-paying jobs where you can afford a mortgage, a car," he said. "We are fearful for young workers getting in right now. The future does look very bleak."

Employers are seeking bargaining concessions in two key areas, Ryan said:

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
Closed	No trading
Oil (Electronic trading)	**Natural gas** (Electronic trading)
- $2.85 ($83.60 US)	$3.857 (- 0.39%)
	Gold (Electronic trading)
	$1,902.80 US (+ $25.90)

They want to pay new hires lower wages and offer defined-contribution pension plans — a controversial, lower-cost alternative to traditional defined-benefit plans.

A Harris-Decima Labour Day poll for Monster.ca found that 40 per cent of Gen Y workers — people aged 18 to 30 — aren't working in their preferred field, while 16 per cent have changed jobs five or more times.

And more than one in three people in their 20s said companies don't provide sufficient mentoring or use younger workers to their potential.

Robert Waghorn of Monster.ca says employers should provide mentoring to retain employees, since it's costly to hire and train new workers.

"If they don't take notice what the Gen Y-ers and the boomers are saying about job security, work-life balance, then these guys are going to be walking out the door themselves on their decision," he said.

THE CANADIAN PRESS

Obama faces wrath of jobs this week

September trading starts in earnest today with a trio of major events that will unspool throughout the week.

The Bank of Canada is expected to announce no changes in interest rates tomorrow, even though data last week showed the economy shrank slightly in the second quarter.

And economists expect modest job growth when Statistics Canada releases its August employment report on Friday.

But the event that will have a greater impact on stock markets happens Thursday night when U.S. President Barack Obama unveils his jobs program.

Economists were deeply disappointed last week when the August non-farm payrolls report showed flat monthly U.S. net job growth for the first time since 1945.

The weakness in employment was underscored by downward revisions to the jobs data for June and July, which showed 58,000 fewer jobs were added.

Moving ahead

- **The consensus among** economists calls for the Canadian economy to have created about 25,000 jobs in August after a gain of more than 7,000 in July.

Some analysts say the U.S. government will have to offer tax incentives to companies to hire the unemployed. Others say Obama could find resistance from the Republican-controlled House of Representatives over anything that hints at higher spending.

THE CANADIAN PRESS

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Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

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THIS TIME, IT'S ALL ABOUT YOU

SHE SAYS ...

JESSICA NAPIER
METRO

Humans are social creatures; we crave the comfort of other warm-blooded beings in close proximity. At work we're lauded for our teamwork skills and at leisure we're obsessed with being connected (virtually or otherwise). And yet, despite our natural desire to seek out togetherness, there is something to be said for being alone.

No, not the sad, weepy, nobody-loves-me kind of loneliness you experience on the first night after a breakup. And not the alone time that you spend tweeting or curating your Facebook profile. I'm talking about legit solitude.

The thought of isolation makes some people very nervous. After five minutes of seclusion we feel panicky, compelled to reach for our phones and connect to the rest of the world. But when we are constantly looking to others to validate our existence, learning how to be alone is more important than ever.

"Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules; make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please."

I often find myself feeling desperate to disconnect and enjoy some solid me time. Not because I'm antisocial and wallowing in self pity (I'm looking at you, Bridget Jones, singing All By Myself into a tub of ice cream) but because in everyday life there is a constant pressure to be on. Sometimes I just need to switch off.

It's so important to take time off from the daily performance of being a best friend, a lover, a co-worker, and to allow ourselves to just be. Whenever I'm by myself, I find time to do all those things I've been meaning to do, or I find time to do nothing at all.

Whether I'm more relaxed or more productive, I'm ultimately more myself when I'm alone than at any other time.

Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules: make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please.

And if you become unsatisfied with your solo time indoors, the city can be a wonderful place for loners. You can wander unnoticed in the crowded streets, disappear in darkened movie theatres, slip into near-silent art galleries and forget the rest of the world.

Solitude in large doses may not be for everyone, but to be alone by choice — in a content and meaningful way — is an essential part of the human experience.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cross-Canada Peace Bus hits up the Forest City

NEWS WORTH SHARING

All aboard! Recently, London got a visit from Canada's Peace Bus, a coast-to-coast adventure inspiring social action, goodwill and, of course, peace.

While travelling and learning about team building and group dynamics, Peace Bus participants visit big and small towns, volunteering in the community and carrying out performances and workshops. Project co-ordinator Jeffrey Dubney, who was inspired by a similar experience in his teens, says, "Few Canadians know how expansive, diverse and gorgeous our country is. Throw in the spirit of volunteerism, 13 young Canadians and two dynamic leaders, and you've got the Peace Bus."

While in town, the Peace Bus visited a few landmarks and volunteered. Peace Bus participant Annie reflects on the journey: "This experience has changed me forever. Travelling from coast to coast for 36 days has shown us the diversity and beauty of our country and how we must work to preserve these beautiful experiences for future generations."

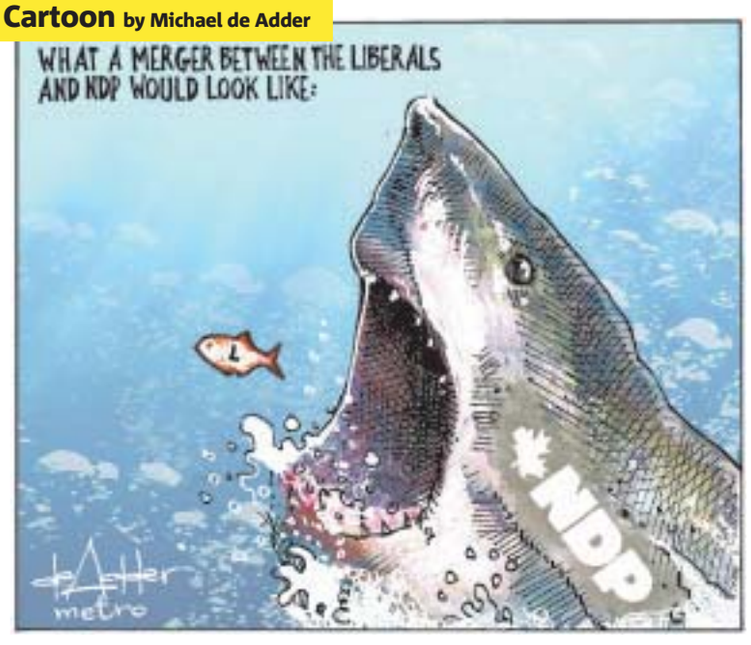
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@orangeheromama:** Wowza! It is CHILLY this morning!! Hello Fall! #ldnont
- **@brian_mackenzie:** i've lived in a city with a #greenBin program. it's awesome. looking forward to #greenBins in #ldnont!
- **@MikePMoffatt:** Anyone looking to play dodgeball in #ldnont late Sunday afternoons - our commish is looking for a few more people to fill a team.
- **@Dan_ONeail:** #ldnont traffic quite heavy for a holiday Monday.
- **@TammyLeeMarche:** Let's go hit the bike trails! #ldnont
- **@Mcatlady54:** College Tuesday. Safety is #1. Leave for school early. Some delay in crossing picket lines. Stay cool, be patient, u will get in #fanshawe
- **@myHuron:** Huron #sophs working hard at moving in the new first year students. Keep up the great work! #oweek #uwo
- **@carbooja:** Dropping my nephew at Uni, man these kids me feel old. #firstdayofschool #uwo
- **@DeeGotts:** great first day at #uwo with the fourth floor crewww! football home opener tonight to mix in with some classic fall weather #purpleandwhite

Cartoon by Michael de Adder



WEIRD NEWS

Fact: You can earn respect by eating chicken wings

The Black Widow of eating contests has scarfed down 183 chicken wings in 12 minutes to break her own world record set last year in Buffalo, N.Y.

Sonya Thomas took home first place Sunday at the 10th annual National Buffalo Wings Festival. She beat eating marvel Joey (Jaws) Chestnut, who came in second with 174 wings.

The two won titles at the July 4 hotdog-eating contest on Coney Island.

The 100-pound Thomas of Alexandria, Va., is the reigning wing-eating champion. She downed 181 wings to win the 2010 contest.

Thomas is called the Black Widow because she often beats male competitors in eating contests.

THE ASSOCIATED PRESS

JESSICA GRIFFIN/THE ASSOCIATED PRESS

▶Sonya Thomas chews toward a win in this file photo.

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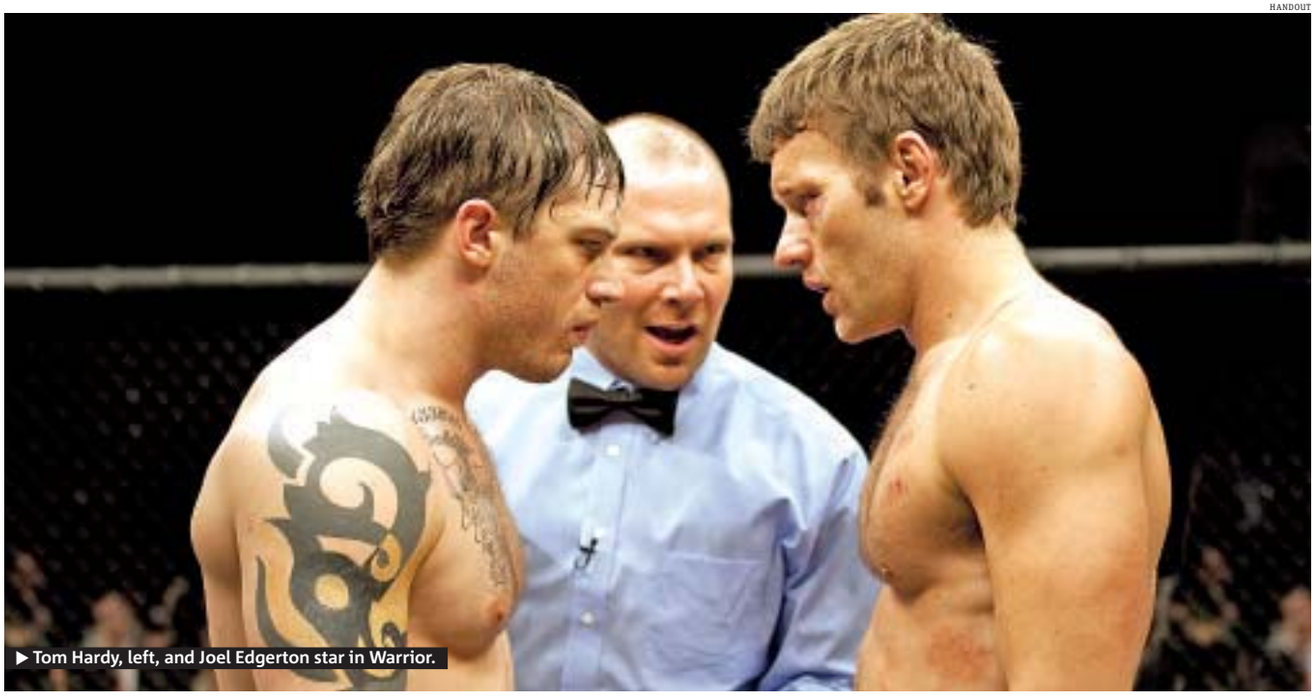


▶ Tom Hardy, left, and Joel Edgerton star in Warrior.

Training to be a warrior

Tom Hardy and Joel Edgerton play battling brothers in a film about fighting and family

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

For Warrior, actors Tom Hardy and Joel Edgerton face off as mixed martial arts fighters — and brothers — trying to punch, kick and grapple their way to a better life. But just because they can pass for lethal, musclebound cagefighters on screen doesn't mean either is ready for a career change. "Any one of you guys could beat me up right now," Edgerton says, sizing up the reporters and publicists in the room, who smile back nervously.

While he's still in peak shape for his next role, Hardy agrees, explaining that the first thing they learned was how little they knew. "You know that we trained because now we know even less about fighting than we did when we started," Hardy says. "You don't go swaggering, because it will come home to roost. It's normally the quietest guy in the room. You learn things like, if I can hear my own voice in a bar fight, I'm just about to get knocked out."

If leaked online footage is any indication, the quiet guy taking Hardy down these days is Christian Bale, whose Batman goes toe to toe with Hardy's freakishly strong Bane in the Dark Knight Rises, currently filming — though the only thing Hardy will say about that project is that he "can't talk about it at all."

The third of Christopher Nolan's Batman films isn't the first time Bale has gotten in Hardy's way, so to speak, as Warrior was originally set to come out last year, but an unfortunate coincidence led to it being delayed. Edgerton explains: "As they got closer to any kind of finished form of the movie, this film called The Fighter came out — a little family drama that centres around a bit of fighting. They're completely different movies, but on a trailer or on paper, the supposition is they're the same thing."

Hardy summed up the similarities more succinctly: "Two brothers fight," he said. "But Christian Bale obviously is going to win an Oscar, so let's not put ours out now."

How big of a delay are we talking? Hardy actually filmed Warrior before joining Nolan's Inception. So while Warrior and the Dark Knight Rises have meant lots of weight training and bruises for Hardy, he's had some rest in between.

"It was like putting on a pair of slippers and a robe and, like, rubbing myself in lavender oils," Hardy says of the transition from one film to the other. "Having everything done for me, it was heaven, to be honest. I had a wire instead of having to leap over things, and no one was trying to hit me in the face. Heaven."

Edgerton, who will next be seen in The Thing, is heading back to his native Australia for a similarly comfortable transition, starring alongside Leonardo DiCaprio, Tobey Maguire and Carey Mulligan in Baz Luhrmann's the Great Gatsby — the mere mention of which gives Hardy a chance to razz his co-star.

"In 3D!" Hardy boasts, interrupting Edgerton with a laugh. (Luhrmann is in fact shooting the film in 3D.) Edgerton adds, "Yeah, just imagine this coming at you," motioning to his face.

Contagion a germaphobe's worst nightmare

Academy Award-winning director Steven Soderbergh's latest film Contagion can be considered a 105-minute PSA with a simple message: Wash your hands. Often.

Certainly audience members may look more warily at public door handles and subway hand rails after watching, perhaps in a crowded theatre, the film about the global spread of a lethal surface-borne virus with a kill rate of about 25 per cent.

"It is impossible, once you start thinking about it, to stop thinking about it," Soderbergh acknowledged at a news conference ahead of the film's world premiere out of competition at the Venice Film Festival on Saturday.

JONATHAN SHORT/THE ASSOCIATED PRESS

▶ Steven Soderbergh

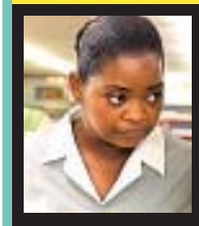
"I'm washing my hands a little bit more. But since I showed up in Venice I have been shaking hands, a lot. I was on an airplane, which is one of the worst places you can be. This is just the world we live in."

Contagion features Matt Damon, Gwyneth Paltrow, Kate Winslet, Jude Law, Marion Cotillard and Lawrence Fishburne in a fast-paced drama that depicts the rapid spread of a lethal virus of unknown origin and with no available vaccine.

THE ASSOCIATED PRESS

2 scene

Box office



According to studio estimates Monday, the acclaimed drama about Southern black maids took in $19 million over the long holiday weekend. That raised the film's domestic total to $123.4 million. The Help has been a triumph amid a rush of late-summer duds that ended Hollywood's busiest season. Another batch of new movies this weekend packed in modest-to-small crowds. Best among the newcomers was Helen Mirren's Holocaust-revenge thriller The Debt at No. 2 with $12.6 million from Friday to Monday. The sci-fi horror tale Apollo 18 opened at No. 3 with $10.7 million. Another fright flick, Shark Night 3D, debuted at No. 4 with $10.3 million.

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Pacino calls his Wile Salome an 'ambitious and complicated' cinematic gesture.

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Levine is showing them how it's done

Adam Levine, judge and coach, may be the real winner on The Voice

PETER KRAMER/ASSOCIATED PRESS, FILE

▶ Adam Levine of Maroon 5. Their single Moves Like Jagger is iTunes' Top 10 selling single this week.

Before joining NBC's The Voice, Adam Levine says some folks assumed he was some "singing bimbo that likes girls."

So he's grateful to the show for providing a bit of clarification on his image.

"It was a nice opportunity to show my personality — that I have a brain," said the lead singer of Maroon 5. "It's also true: I am a bimbo and I like to sing and I like girls, but there's more to my personality; it's a little more dynamic than that, and I like to show that on the show. It's cool."

The singing competition — which also features Christina Aguilera, Cee Lo Green and Blake Shelton as music coaches — was a hit in its first season.

The four coaches chose teams of eight after an audition process that allowed them only to hear the contestant's voice, but not to see them.

Once teams were whittled down to one contestant for each coach, Levine's mentee — the crooner Javier Colon — was crowned the winner.

The Voice helped showcase the playful and sillier side of the heavily-inked Levine. Band keyboardist Jesse Carmichael says Levine's presence on the show "was so positive for him definitely as a person, but for us as a band, too."

Now, the group is taking advantage of the buzz: They recently released Moves Like Jagger, which features Voice co-star Aguilera, and it will be the No. 1 song on the Billboard Hot 100 charts Thursday. The dance song is a departure for the pop-rockers, and they say they're rushing to get a new album out.

In the past, the group released an album every three or four years.

"We're going to make it as quickly as we can (and) ride this wave of momentum," Levine said in an interview last week.

The second season of The Voice premieres after the Super Bowl on Feb. 5.

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What's it like to chat up the stars?

10th season of etalk starts today We talk to the hosts of Canada's most watched entertainment news show

Ben Mulroney

What was your most memorable interview?
Hands down, it was my recent sit-down with Lady Gaga. To be able to spend an entire day with the biggest pop star on the planet and discover so much about her — from her inspiration, to her professional highs and lows — was so satisfying.

She was so honest, so candid and so truly down-to-earth that I actually felt that I learned something by the time it was done. To conduct an interview that goes beyond promoting an album or pushing a product, and to do so with someone like Lady Gaga, was a gift.

Looking back, what is your most embarrassing moment/interview?
Easiest question to answer: introducing Russell Peters as Russell Simmons. On the Juno Awards red carpet. In my defence, someone had said earlier that day: "whatever you do Ben, don't confuse Peters with Simmons!"

They got in my head and I, of course, enjoyed a truly embarrassing moment on live TV. Add to that, Russell milked that moment for a year until the next red carpet when I introduced him — deliberately — as Richard Simmons.

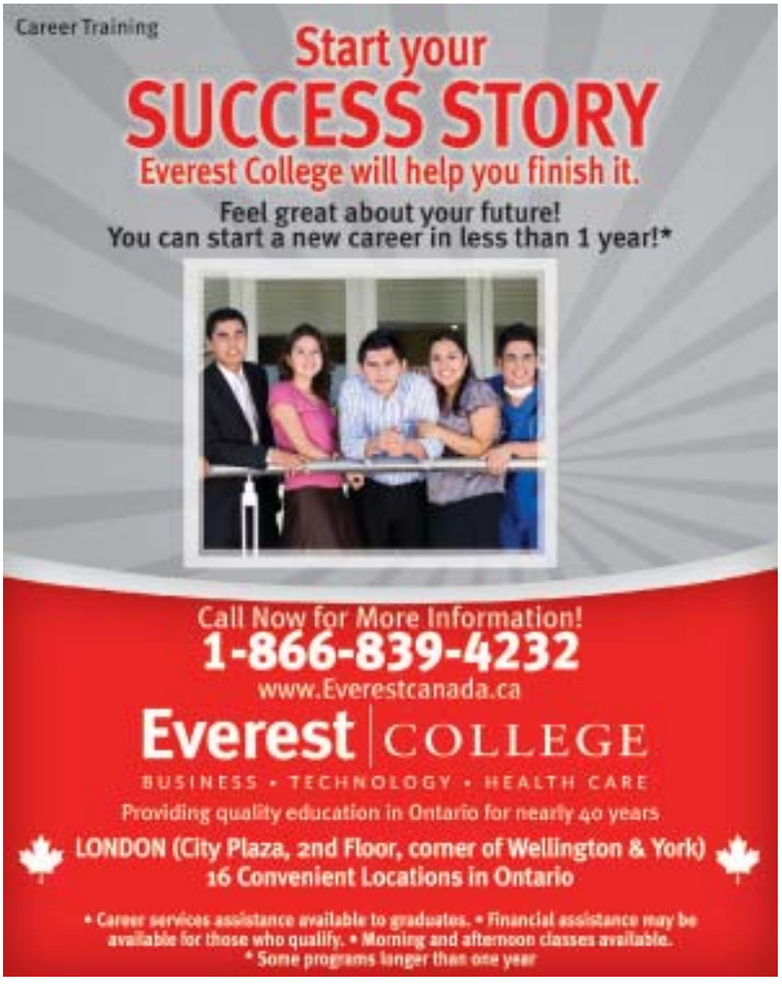
Tanya Kim

What was your most memorable interview?
I'm fortunate to say I've experienced a number of memorable interviews, but if one were to really stand out, it would have to be the time I spent with Jamie Foxx in Las Vegas. I feel as though it was truly one of the rare times when there really was no barrier between journalist and interviewee.

Jamie was warm, charming, funny, really giving of his time and possessed a wonderfully positive energy. He was the same person when the cameras were rolling and when they weren't. He shared story after story with me as if we were just two old chums reconnecting… I still have warm fuzzy feelings when I think of this interview.

Looking back, what is your most embarrassing moment/interview?
Truthfully, there's not one moment in particular that comes to mind — if there was I would share it with you, absolutely!

I'm a bit of a klutz, I like to goof around and have probably done a "few" (ahem) embarrassing things in my time…which is why it's a good thing I don't take myself too seriously! METRO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▶ Madonna

Madonna's new film in need of a prayer

Directorial debut gets slammed Set to come to TIFF

Madonna brought her directorial debut, W.E., to the Venice International Film Festival last week, but the critical drubbing her work received was hardly welcoming.

The film, about American socialite Wallace Simpson and starring Abbie Cornish, was dubbed "an extraordinarily silly, preening, fatally mishandled film" by the Guardian.

Variety declared that, "Burdened with risible dialogue and weak performances, the pic doesn't have much going for it."

The singer and first-time director will next head to the Toronto International Film Festival next week, where she's likely hoping for a warmer reception. METRO

Oscars may be in cards for Eddie

Eddie Murphy

Eddie Murphy may have a new gig as the host of next year's Oscars, according to Deadline.

The Shrek star is reportedly at the top of the list for director Brett Ratner, who is producing the awards show, and Murphy is said to be "showing interest," sources say.

Murphy nearly secured Oscar gold himself for his role in Dreamgirls, but many believe his poorly received comedy Norbit, released during Academy voting, dashed his chances. METRO

Celebrity tweets

Wow, people are being nice to me cause I'm pregnant. Doors being opened, people being helpful etc, its like a whole new world.

@MrsLRCooper

@ActuallyNPH

I think I'm gonna start tweeting about things I dig. Not 'shallow graves' or 'tunnels to China', more just random stuff that I like.

@mindykaling

I'm not wishing Beyonce happy birthday on twitter because I am wishing it to her in person on our yacht we share because we're close friends

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Is there beef on the set of Idol?

Tensions are high at American Idol as Jennifer Lopez and Steven Tyler prepare for the second season as judges.

"Me and Randy (Jackson) and Steve got into our first fight. I got really, really upset," Lopez tells Ryan Seacrest during a radio interview.

The row was apparently over the audition of a female singer whom Lopez found impressive but Tyler and Jackson wanted to dismiss.

"She was amazing," Lopez says. "I thought I was being Punk'd. How can we let this girl go? I was upset." METRO

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Last resort for addiction

New show Intervention Canada takes an unflinching look at people with drug and alcohol dependencies or other compulsive behaviour Based on the Emmy-nominated U.S. series

CELIA MILNE
LIFE@METRONEWS.CA

"If she doesn't get help real soon, she's not gonna live," says Don about his 26-year-old stepdaughter, Loren. She is an alcoholic in Windsor, Ont., and one of the people whose story is told on the new show Intervention Canada.

As a child, Loren was abused by her grandfather, and in her young life she has already suffered the loss of several people she loved. She is unemployed, with little hope. Her family believes she's close to death. It's time for an intervention.

The new show, featuring people like Loren who desperately need help, premieres in back-to-back episodes this Friday at 8 p.m. ET on Slice.

It deals with Canadians who are addicted to drugs, alcohol or have other compulsive behaviours. Though addiction is common — affecting one in 10 people in Canada — intervention is a last resort and the majority of people never reach that stage, says Andrew Galloway, one of the interventionists on the show and a substance abuse specialist in private practice in Toronto.

"No one grows up wanting to be a crack addict or an alcoholic," says Galloway, who himself is a recovered addict. "They make bad choices. Once they cross that threshold into dependence, they no longer have the ability to make good choices. I know what it's like; I woke up too scared to ask for help, too ashamed to open up."

Galloway hopes the show gives viewers hope that they can live differently.

For more information on the show, visit slice.ca/interventioncanada.

By the numbers

While Intervention Canada is all about the worst-case scenarios, serious cases of addiction are common, and are often linked with other mental illnesses. Here are some statistics from the Centre for Addiction and Mental Health in Toronto:

- About 20 per cent of people with a mental disorder also have a substance abuse problem.
- One in 10 people over age 15 report symptoms consistent with an alcohol or drug dependence.
- Only one-third of those who need mental health services actually receive them.

▶ Andrew Galloway, one of the interventionists on Intervention Canada and himself a recovered addict.

Putting a scientific spin on great skin

JANINE FALCON
LIFE@METRONEWS.CA

Dermatologist-developed skincare, such as Murad, Dr. Brandt, Dr. Perricone and Skinceuticals, is a growing beauty category. Canada's expanding list includes blemish-clearing Kellett Skincare, by Dr. Lisa Kellett in Toronto; Riversol, a rosacea treatment line from Vancouver-based Dr. Jason Rivers; and anti-aging Miracle 10, by Dr. Frank Lista, who splits time between Toronto and Mississauga.

But beyond the medical association with dermcreated skincare, what sets it apart from other beauty brands?

Higher concentrations of pharmaceutical-grade ingredients, as well as formulations tailored to the doctor's specifications, are usually differentiating factors. For example, FormulaB, a new acne-easing trio of facial cleanser, toner and treatment cream by dermatologist Dr. Sandy Skotnicki, spins on four per cent benzoyl peroxide, a widely used acne-care antibacterial ingredient (standard drugstore level is two per cent).

Sometimes success comes from an ingredient rarely found in mass-produced products. Rivers based his Riversol for Rosacea formulation on a red cedar tree molecule he learned about via the department of forestry at the University of British Columbia.

Thujaplicin has antioxidant, anti-inflammatory and antibiotic properties; Rivers discovered its positive effects on rosacea when afflicted patients using Riversol, which launched in 2006, started to report improvements.

In the case of Skinceuticals, a high-profile line launched stateside in 1997, its groundbreaking research and technology put it on the skincare map.

Known for potent antioxidant formulas the skin can absorb, the brand sprang from studies delving into topical vitamin C and its properties.

ISTOCK

▶ Skincare developed by dermatologists is on the rise.

3 life

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The Guru menu

Based on how you feel and the day ahead, this app guides you through the best choices for your breakfast, lunch and dinner. Based on traditional ayurveda and yoga techniques, it allows you to choose from 12 different types of cuisine such as Mexican, Indian and Chinese for the healthiest option possible. MWN

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Fifty years after the diet that made her rich, Weight Watchers founder remains slim

Digging up the roots of good health

Long before Western, Chinese and homeopathic medicine, there was ayurveda, an ancient Indian health science
Model-turned-ayurveda yoga therapist 'Yogi' Cameron Alborzion talks us through the technique and its benefits

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ The yogi's balancing act.

The roots of ayurveda

If yoga was developed as science to bring balance and control to the mind, ayurveda is the sister science developed for the practitioner to bring balance to the body.

"Ayurveda is the science of life and the oldest medicine we know of," says yogi Cameron Alborzion. "We live in a society that's all about ego, changing nature, altering food and needing to know the purpose of everything. It's all about bringing balance to and cleaning the body."

The theory goes, we cannot perfect nature so we should live in line with it instead. Nothing should be artificial or chemically enhanced; rather, we should use what comes out for the ground as medicine and food. Food should be seasonal and you should eat nothing packaged or frozen or that has been in a microwave. Anything that has altered the original state of what you put in your body is considered toxic.

Ayurveda versus modern medicine Modern medicine finds people looking at the symptoms then running to the doctor for pills to make things better, whereas ayurveda teaches you to read into your body and mind to define the cause of the disease-feeding symptom and treat the body to restore balance to the system as a whole. Without pills.

"Look at the body as a unit (body and mind) to diagnose what is out of balance and proceed to treat the symptom, going into the core of the pain and finding out where and why it began," explains Alborzion.

Look for the tell-tale signs that you are out of balance: Are you too hot, too cold, have a headache, feeling agitated? Are you sleeping enough?

Dinyacharia: Daily cleaning Early morning, Alborzion completes "dinyacharia," the ayurvedic cleansing ritual that prepares you to take on the day.

For you, that simply means spending time on yourself, opening the body through yoga and breathing, showering, brushing your teeth, oiling the body — these small steps root the mind and calm the senses. Attending to the body rather than downing a shot of coffee and heading out will lessen feelings of stress and agitation. Without this you will be at the mercy of the elements outside.

"We live in such an extreme way that we need to take care of ourselves daily. The body goes through everything you give; without dinyacharia, it doesn't function properly and goes dry," he adds.

Diet: Less is more

What you need to eat will depend on your height, stomach and nutritional needs.

"There's a big misunderstanding when it comes to food," says Alborzion. "We live in a society based on comfort where most people sit in an office chair and use up little energy. The average adult needs food as a source of energy, not for building and too much food blocks the system."

Keep away from toxic foods that don't add anything to the body, as they will only cause your system to waste energy eliminating them. Avoid dairy (too much can create a build-up of mucus), alcohol, and canned, processed or packaged foods. Eat food with high water content such as fruits and vegetables and drink plenty of water and herbal teas throughout the day. Alborzion's favourite herbs include mint, chamomile, ginger, cinnamon, saffron, turmeric, pepper and liquorice.

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Sunday:
8:30 am; 10:30 am;
12:30 pm & 7:30 pm
Weekday Masses:
Mon/Wed/Fri: 12:05 pm
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THE CANADIAN PRESS H/O

Blueberry Mini Muffins

Take advantage of the season's local blueberry harvest to make these nutritious and kid-friendly mini muffins.

Once the season is over, substitute frozen blueberries for fresh. Do not thaw before adding to the muffin mixture.

If self-rising flour is unavailable, stir 15 ml (1 tbsp) baking powder and 1 ml (1/4 tsp) salt into dry ingredients.

Ingredients:

- 500 ml (2 cups) self-rising flour
- 125 ml (1/2 cup) sugar
- 175 ml (3/4 cup) milk
- 1 large egg, lightly beaten
- 50 ml (1/4 cup) butter, melted
- 375 ml (1 1/2 cups) fresh or frozen blueberries

Preparation:

1. Preheat oven to 220 C (425 F). Lightly grease 24 2.5-cm (1-inch) mini-muffin pan cups.
2. In a medium bowl, combine flour and sugar. Make a well in the centre; add milk, egg and melted butter. Stir gently until mixture begins to form a soft dough; fold in berries; spoon into mini-muffin cups, dividing evenly. Bake until tops are golden, 14 minutes.

THE CANADIAN PRESS/ B.C. BLUEBERRY COUNCIL

Waltz over to the Waltzing Weasel for classic U.K. eats

This pub boasts British Isle treats like imported pints & shepherd's pie

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Gastro-pubs that make British cooking more sophisticated are trendy, but nothing beats those that serve the classics: traditional meat and potato comfort dishes.

Look to The Waltzing Weasel to provide your next genuine pub experience.

Opting out of the patio, I sit inside the bar amidst its authentic, plush decor — lots of wood, beer art and comfortable chairs. Service is prompt and accommodating.

PAUL MITCHELL

The Stuffed Weasel ($14.99)

The Waltzing Weasel
1324 Adelaide St. N.
519-663-9194
thewaltzingweasel.com
Social lunch: Yes
Client negotiations: Yes
Price range: $6.99 - $15.49
Rating: 4 out of 5

The lunch menu is quite eclectic, offering many atypical choices, but I am looking for something hearty. The Stuffed Weasel ($14.99) wins out over the tempting Shepherd's Pie ($14.49) and Steak & Guinness Pie ($15.49).

Roast beef, onions and mushrooms are served inside a large Yorkshire pudding. The thinly-slice beef is a bit tough but the rich gravy works perfectly with the soft breading and creamy whipped potatoes.

If you are searching for a taste of the British Isles, enjoy the familiarity of The Waltzing Weasel for an imported pint, a relaxing meal and good conversation.

Opa! A complete Greek dinner

MATTHEW MEAD/ THE ASSOCIATED PRESS

This recipe serves four.

Preparation:

1. Salad: In bowl, combine tomatoes, cucumber, onion and olives. Mix and season with salt, pepper and herbs. Add feta cheese; set aside.
2. Dressing: In bowl, combine yogurt, cucumber, garlic, olive oil, lemon juice, salt and pepper. Mix. Refrigerate until ready to serve.
3. Heat grill to medium. Pat dry each breast. Brush each piece lightly with oil on both sides. One at a time, place each in zip-close plastic bag. Using meat mallet, gently pound until evenly 1 cm (1/2 inch) thick. At this stage, chicken can be refrigerated for cooking later.
3. Brush each piece with olive oil again on both sides. Season each breast with salt and pepper, then grill directly over heat for about 6 minutes, turning once halfway through cooking time. When chicken is marked and cooked through, remove from grill. Immediately, squirt 1 to 2 lemon wedges over each piece of chicken and let sit for 2 to 3 minutes. Serve on top of the summer salad with a spoonful of tzatziki.

THE ASSOCIATED PRESS

Ingredients:

Salad

- 4 medium fully ripe tomatoes, cut into wedges
- 1 cucumber, peeled, cut into 1-cm (1/2-inch) chunks
- 1 small red onion, halved and sliced into semi-circles
- 20 oil-cured black olives
- Kosher salt, black pepper
- 5 ml (1 tsp) dried or fresh herbs, such as oregano, basil, thyme, etc.
- 60 g (2 oz) feta cheese, cut into 8 pieces (optional)

Tzatziki Dressing

- 500 ml (2 cups) plain, non-fat Greek-style yogurt
- 1/2 medium seedless cucumber, diced
- 3 cloves garlic, crushed
- 15 ml (1 tbsp) olive oil
- 2 ml (1/2 tsp) freshly squeezed lemon juice
- Kosher salt, black pepper

Chicken

- 4 boneless, skinless chicken breasts
- Olive oil
- Kosher salt, black pepper,
- 30 ml (2 tbsp) parsley

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GIVE WHAT YOU CAN AFFORD

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Hi Charles!
Some co-workers and I are having a disagreement about what would be an appropriate amount to give as a cash gift for a wedding. Do you have any insights? Thanks!
Niall, Manitoba

ISTOCK

▶ The amount of cash to give as a wedding gift is often a source of confusion.

Hello Niall,

There is no rule about how much to give, although some people say you have to give at least the cost of your meal.

This, however, bothers me. If you invite someone to your wedding, it should be because you want him or her to join in your celebration, not because you're trying to raise money to cover the cost of the wedding! My golden rule has always been that you should feel comfortable giving what you can afford. It is unreasonable for anyone to expect you to go into debt in order to give a present.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Hit the karaoke bar with your partner so you can hit the high notes together.

Ideas for your next date

1 Warm up your vocals for some musical fun!
Channel your inner crooner and belt out your favourite tunes at your local karaoke bar. Try an oldie-but-goodie like Rod Stewart's Do Ya Think I'm Sexy? or make like the cast of Glee and try Beyoncé's Single Ladies (Put A Ring On It). Nothing's sillier/sappier than staring into each other's eyes and hitting (or trying to hit) those high notes!

2 First date do-over
Go on your first date all over again! Hit the kitschy restaurant where you first gazed into each other's eyes, and those wild butterflies will be flitting around your tummy in no time!

3 Experience the thrill of the hunt
Indulge your inner voyeur and check out some local open houses. Explore houses you've had your eyes on. While you might not be able to make the leap just yet, there's no harm in a little dream decorating!

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

White Dresses: From bridesmaids to book pages

DOROTHY ROBINSON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Author Jennifer Close has been to a lot of weddings. And engagement parties. And bridal showers. And bachelorette soirées. But then again, you'd be hard-pressed to find any 32-year-old who hasn't.

Such is the social life of most post-grad women, an era Close deftly captures in her debut novel, Girls in White Dresses, which follows a group of women as they navigate the wilds (and subsequent hangovers) of their 20s and 30s — and yes, go to a ton of weddings.

"I was writing it one summer when I had 10 weddings to go to and was in three of them. It was sort of all we talked about," Close says from her home in Washington. "It's that time of your life when it overtakes you."

Her weekends were booked and her bank account drained, but the nuptials gave Close a gift — a way to pull together the vignettes she was working on.

"After I got my MFA, I started working at a magazine (Portfolio) and it was so busy that I stopped working on my own stuff," she remembers. "But slowly, these stories started coming out. And after it folded, I had the time to work on them. I realized weddings would be a good way to tie together their lives."

Close's publisher is betting that the mixture of Close's sardonic, well-crafted female characters and the all-too-familiar feeling of wedding fatigue will capture a large audience; it's one of Knopf's biggest releases of the fall.

"The thing that makes me happiest is when people tell me, 'I know who these girls are. They are my friends,'" Close admits. "That's when I know I did my job well."

ISTOCKPHOTO/THINKSTOCK

BACK IN THE GROOVE

RETURNING TO SCHOOL MEANS FINDING ROUTINE FOR ENTIRE YEAR

Getting back into a college or university routine can be tough whether you are coming back from the summer break or returning to education for the first time in years.

Jason Hunter, dean of students at Toronto's Humber College, says the first step should be going to orientation week, a.k.a. Frosh Week.

"People have a perception that orientation is a week of fun and partying, but, in reality, the orientation programs are intended to provide every student with an orientation to the campus and the resources available," he says.

"It connects students to each other and to faculty."

If you skip orientation week and try to orient yourself later, you will find it much harder and will miss lots of stuff.

"You should recognize all of the resources that are available to you at any college or university. You've effectively already paid for them through your tuition — take advantage of them," Hunter says.

When it comes to budgeting time and money, think not just for the first week, but the whole year.

"They may have all that (funding) up front and the temptation (to blow it)," Hunter says.

Instead, divide the money by eight months and stick to that budget.

If your classes have regular tests, you might not have to worry about time management, but if it's slanted to end-of-year work, you need to budget your time so you stay on track from the start. Your school may have programs to improve your budgeting skills.

Rachel Bouska of Alberta's Department of Advanced Education and Technology says going back to school can be especially disorienting if you are an adult returning after a gap of years, perhaps since high school.

Bouska says a lot of back-to-school stress is caused by finances, so students should explore what help is available. There are plenty of academic and athletic scholarships and bursaries for students, and some go unclaimed. Check with your provincial government and post-secondary institution to see what financial help you qualify for.

"There are always supports in place," she says. "A post-secondary education is one of the best investments someone could make." — *Jon Tattrie*

EDUCATION WORTH THE INVESTMENT

Post-secondary education can cost a lot up front, but experts say it is an investment that will amortize over many years. According to the Ontario Ministry of Training, Colleges and Universities, post-secondary graduates earn $1 million more over their lifetime than those without degrees or diplomas. It says the unemployment rate for post-secondary graduates is seven per cent. For high school graduates, it's nine per cent; among high school dropouts, it's 15 per cent.

FOCUS ON CAREERS

FANSHAWE COLLEGE PHOTO

FANSHAWE COLLEGE OFFERS A WIDE RANGE OF PROGRAMS

Fanshawe College offers a range of career-focused business programs. The goal of the school is to help people gain employability skills for the workplace.

"All of the programs are career-focused with an attachment to gaining credits towards a professional association or credential," says Mary Pierce, chair of the Lawrence Kinlin School of Business. "We have 14 different programs and people can study in an undergraduate program for one year. For programs like entrepreneurship business foundations, you can take a two-year diploma program or you can take a three-year advanced diploma program.

"There's a very wide range of people who would study in the business school here," Pierce adds. "About half would come directly from secondary school and the other half come from university to further their studies in a graduate program for a year, where they can earn a professional credential or else they are mature students who have returned from the workplace to study.

Fanshawe's tourism and hospitality programs prepare you for an exciting career at a variety of resorts, restaurants, hotels and recreational clubs. Careers in the tourism sector give you flexibility in both the hours you work and where you live.

The new Advanced Training Kitchen features four, fully-equipped cooking suites where students can prepare their culinary masterpiece while interacting with each other.

There are many opportunities for Fanshawe students to take part in exchanges abroad in Europe, and there are 12 different agreements in place, whereby students may study overseas for a semester.

AVAILABLE PROGRAMS

- Business Accreditation Programs: Accounting Program – Certified General Accountant (CGA); Human Resources Professional designation (CHRP); Canadian Institute of Marketing program; Canadian Institute of Management program; The Canadian Insurance Management brokers' program
- Tourism and Hospitality full-time programs: Advanced Baker/Patissier; Artisanal Culinary Arts; Concierge Services – Guest Relations Specialist; Cook II; Culinary Management; Culinary Management – Apprentice; Culinary Skills – Chef Training; Food and Nutrition Management; Golf and Recreational Club Management; Hospitality Management – Food and Beverage; Hospitality Management – Hotel; Tourism and Travel.

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FANSHAWE COLLEGE
fanshawec.ca/open

SIMPLY THE BEST AT ST. CLAIR COLLEGE

SCHOOL PROUD OF HEALTH DISCIPLINES

Exciting new developments are underway at the Centre for Applied Health Sciences at St. Clair College. A new state-of-the-art building has recently opened, as well as the addition of three popular new programs.

The college is now able to gather all of its health-care disciplines within one area in order to develop an interdisciplinary professionalism for its students.

"And the way you do that," says Dr. Ken Blanchette, chair of Health Sciences, "is give them the best facility, the best professors, the best equipment, and the time that they need; the extra lab time and space and the environment that they need — give them their own complete building, solely for labs and learn that professionalism right from Day 1."

Equipment in the new facility has been upgraded to leading-edge standards, which you won't even see in some hospitals.

"We are trying to give our students the most technical and hands-on experience to whatever they're going to find out there in the workforce. We try to train them the best that we possibly can, to really adapt and have at least seen or touched everything that's possibly out there."

The three new programs are in big demand and boast some of the highest simulation available in the industry, with brand new equipment, including 3-D medical mannequins, paperless record-keeping, computer applications, computer software and digital X-rays.

NEW COURSES

- Diagnostic Medical Sonography: Prepares the graduate for entry to practice as an Ultrasound Technologist.
- Respiratory Therapy: Prepares the graduate to work in hospital settings such as ICU, operating and emergency rooms.
- Cardiovascular Technology: Performs tests at the request of a physician to obtain information about a patient's heart and blood vessel anatomy.
- Medical Programs: Collaborative Nursing; Practical Nursing; Personal Support Worker; Paramedic; Medical Lab Science; Medical Lab Technician; Dental Hygiene; Dental Assisting; Pharmacy Technician.

ST. CLAIR COLLEGE PHOTO

"Everything is as modern as we can get it and the reason is, we want to make our students so highly trained in these areas that when you get to the clinical placement they're ready, they've either seen it or they've experienced it hands-on," explains Blanchette.

His long-term vision for the school is, "When it comes to hiring a student, that the hiring manager is flat out saying, 'Pull the St. Clair grads out, I want to see them first.'"

ST. CLAIR COLLEGE
STCLAIRCOLLEGE.CA
INTRODUCING THE NEW
Centre for Applied Health Sciences
• New hi tech labs for all health science programs
• State-of-the-art equipment and technology
• Incredible hands-on learning opportunities
PLUS 3 NEW PROGRAMS
• Cardiovascular Technology
• Diagnostic Medical Sonography (Ultrasound)
• Respiratory Therapy
Apply to these programs BEFORE February 1st to be considered.

Meet your credit score

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Phooey to New Year resolutions. My vote for the best time to become a better (slimmer) person while working for world peace is the fall with its energizing cooler months.

But before you take on the world and its problems or even your own BMI (body mass index), focus on an issue of financial health first — your credit score.

It is as important to your financial life as your weight is to your physical well-being.

There are actually two parts to a credit rating. The first is your score.

The bottom line is this: a FICO score of more than 650 means you will likely qualify for most standard loans including a mortgage, line of credit and car loan. Less than that will probably send you into the arms of higher interest rate lenders. Aim for a score of 700 to give you some leeway.

The second part of your credit rating is your profile — debts, available credit, late payments, closed accounts and other details of your financial life.

It is very important to check your score and profile annually, so make a resolution this very minute to do it before the leaves turn to red and gold.

There are a lot of myths associated with credit scores. Here are three:

1. Checking my score negatively affects my credit rating.
Nope. Your own inquiry is called a soft-check and doesn't change anything.

2. Closing old accounts or credit cards will improve my score.
No again. Simplify your financial life by all means, but you are usually better off closing newer accounts or cancelling newer cards.

Retaining recently opened cards and accounts may make it appear you have a short history and a lengthy (good) history is what boosts your score.

3. As long as I pay all bills and make minimum payments on credit cards my score will be high.
And another no. A key component of your score is available credit.

Try to use not more than 50 per cent of your credit card or line of credit limits. Better yet, pay off your balance every month.

You can access an abbreviated credit report free from equifax.ca or transunion.ca.

A full report plus your score will cost just under $25. CONTACT ALISON AT WWW.ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

"Check your credit report annually to avoid surprises when applying for mortgages and other loans."
-ALISON'S MONEY RULE

ISTOCK

▶ Take steps to improve your financial health.

BOOTSTRAPPING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week I encouraged students to get a job to help put a dent in hefty tuition bills. Many readers agreed. Others thought the column failed to address the larger social issue; that education in Canada has become obscenely expensive. I agree that the costs are extreme.

Students graduate with great career aspirations, loads of debt and a tough Canadian job market.

But, political and social views aside; students still have to find smart ways to manage their finances.

Students, working a part-time job to pay the bills is a great way cover costs, gain experience and meet people. And, work experience will make you highly marketable to employers!

If a job related to your field of study isn't available, try another industry. Eclectic experiences look great on a resumé and help diversify your skills. Or, become an entrepreneur and cut grass, deliver groceries, write or freelance. Whatever you do, work hard, add value, be personable and get references.

Educational funds are also available through student loans and lines of credit. But, with debt comes responsibility; only take what you need.

Draw up a budget. Using a spreadsheet or online banking budget tracking tool, list income and expenses (big and small).

Apply 'Financial Bootstrapping' techniques to live financially lean and frugal; reduce cellphone bills, dinners out, negotiate for better rental rates or move to a smaller place. Buy text books, laptops, desks and furniture second hand.

File a tax return. Even though you don't make significant income, by filing a tax return you begin accruing tax deductible RRSP contribution room for future years when you'll earn greater income. You're also entitled to receive a GST/HST credit, which can amount to hundreds of dollars in cash. If you're using student loans, you can claim federal and provincial tax credits for the interest paid throughout the year.

Paying for school is difficult and it takes time to chip away at loans. But you're making an investment in your future. Education will open doors for you in terms of your career and lifestyle.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by: TD

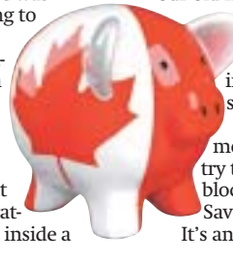
Allan Small
Senior Investment Advisor – DundeeWealth

metro

Stop shaking your piggy bank — shake up old habits instead

Remember what your first savings account looked liked? It was probably a piggy or a giant baseball with a slot at the top. You'd shake it and money would fall out.

Then there was some running to the corner store for candy. And then soon enough, it was the sound you dreaded: that lonely coin rattling around inside a completely empty plastic container. Why did I have only one penny left?



Old habits die hard. So let's shake something other than our empty piggy bank this year. Shake up our old habits. Don't spend so much money on lattes.

That $600 fill–in–the–blank fad? It shall pass.

If you have some money to put away, try the new kid on the block: the Tax–Free Savings Account.

It's an investment vehicle that's a bit more flexible than an RRSP, and a bit more lucrative than a plain old savings account.

NEWS CANADA

Cash in, baby.

Tax–Free Savings Account:

- **$5,000** in new contribution room every year.
- **Buy** different types of investments.
- **Interest and capital gains** you make are tax–free.
- **Unused** contribution room accumulates.

Labour Day. Not quite a classic

▶ Hamilton quarterback Quinton Porter scores a touchdown against Montreal yesterday on a short run.

DAVE CHIDLEY/THE CANADIAN PRESS

Tiger-Cats beat Als, move into tie for second in the East

Avon Cobourne rushed for 102 yards and two touchdowns and the Hamilton defence held Montreal's offence to just seven points as the Tiger-Cats hammered the Alouettes 44-21 yesterday afternoon.
Backup quarterback Quinton Porter added two TDs on the ground and starter Kevin Glenn threw for 237 yards and another score through the air as Hamilton (5-4) moved into a tie for second spot in the East Division with Montreal (5-4). The Ticats now hold a two-game advantage in the head-to-head tiebreaker should it be needed to determine playoff seedings.

Lawrie's legend growing

Canadian rookie hits walk-off home run in bottom of 11th to lift Jays over Red Sox
Alvarez holds Boston scoreless for six innings Farrell returns to the dugout

1	0
BLUE JAYS	RED SOX

Brett Lawrie continues to perform when the Toronto Blue Jays need him most.

The 21-year-old from Langley, B.C., hit a two-out home run in the bottom of the 11th inning yesterday as Toronto (70-71) edged the Boston Red Sox (84-56) 1-0.

Lawrie blasted a 1-1 fastball from Dan Wheeler (2-2) into the seats in left-centre and leapt into his teammates' arms at home plate after rounding the bases.

"I don't really feel any pressure," Lawrie said. "I think it's just another at-bat. If you go up there thinking there's pressure you apply that on yourself, you're not going to have a good at-bat.

"The easiest thing to do is to stay within yourself and treat it like another at-bat. You try to do your best for the team and try to get a pitch you can handle and try to do some damage."

The rookie third baseman has now gone deep eight times since being promoted from triple-A Las Vegas and making his major-league debut on Aug. 5 in Baltimore.

"He's a tremendous athlete," Jays manager John Farrell said. "He doesn't get caught up in the moment as far as what happened previously. Those events are over. And he's about what can I do in this particular instance, in this pitch, this play defensively, offensively."

The home run made a winner of Shawn Camp (3-3) and ended a three-game losing streak for Toronto.

The victory provided a nice welcome for Farrell who had missed the previous 10 games as he stayed home to rest after being diagnosed with pneumonia.

Lawrie's heroics took some attention away from the performance of another 21-year-old, right-hander Henderson Alvarez, who pitched six scoreless innings in a no decision.

Alvarez extended his runless string to 14 innings after holding the Red Sox to four hits before being removed after 95 pitches.

THE CANADIAN PRESS

Williams reaches quarter-finals

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarter-finals of the U.S. Open yesterday with a 6-3, 6-4 victory over Ana Ivanovic.

Williams closed out the match with four straight serves that Ivanovic couldn't get back — clocked at between 99 and 111 mph in a blustery Arthur Ashe Stadium that had both players fighting with their tosses and topspin all day.

"I didn't even go for winners at any point," said Williams, who hit only 16.

"I just tried to get it over because it was so windy. It was definitely tough."

The top player on the men's side, Novak Djokovic, opened his fourth-round match with a thrilling 16-14 first-set tiebreaker win over No. 22 Alexandr Dolgopolov. Things got easier from there in a 7-6 (14), 6-4, 6-2 victory. THE ASSOCIATED PRESS

PEYTON MANNING

Iron man no more?

The unthinkable suddenly seems possible in Indianapolis — opening the season without Peyton Manning.

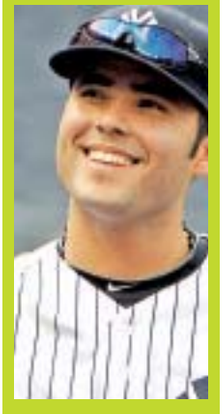
The four-time league-MVP who has never missed a start in his NFL career is doubtful for Sunday's game at Houston because of lingering soreness in his back following off-season neck surgery.

If Manning sits, it would be the first time the NFL's active iron man missed a meaningful game after 227 consecutive starts including the playoffs.

THE ASSOCIATED PRESS

4 sports

Quoted



"I was dreaming of that before. I was always telling myself before, 'One day, I'm going to be that guy.'"

NEW YORK YANKEES ROOKIE JESUS MONTERO, WHO HIT HIS FIRST TWO MAJOR-LEAGUE HOME RUNS YESTERDAY AGAINST BALTIMORE. FOUR GAMES INTO HIS BIG-LEAGUE CAREER, THE 21-YEAR-OLD CATCHING PROSPECT HAS MADE QUITE AN IMPRESSION. SINCE HIS DEBUT AT BOSTON LAST THURSDAY, HE'S BATTING .385 (5 FOR 13) WITH FIVE RUNS AND THREE RBIS.

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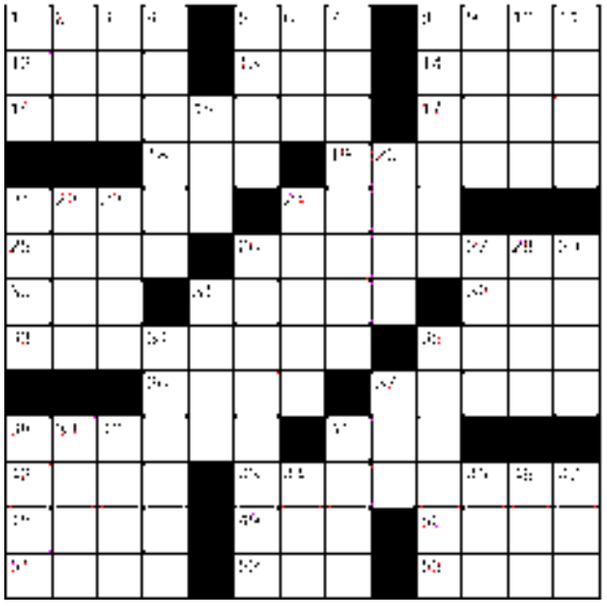
Crossword



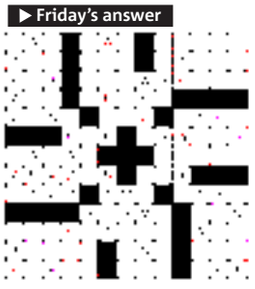
Across

1 "Woe is me!"
5 Snapshot, for short
8 Church section
12 Chore
13 Blonde shade
14 Bucket
15 Anise-flavored liqueur
17 Nursery color, maybe
18 Larry and Curly's cohort
19 Heavy hammer
21 Lights
24 On the briny
25 "Hi, sailor!"
26 Engrossed
30 More (Sp.)
31 Sculptor Oldenburg
32 Regret
33 Not concrete
35 Actress Sorvino
36 Corn peel
37 Energy
38 Yell sharply
41 Chaps
42 Nickel, for one
43 Missing person?
48 Uncontrollable
49 Postal Creed word
50 Davenport's site
51 Wagers
52 Bribe
53 Basin accessory

Down

1 — glance
2 Science workshop
3 Fool
4 Meager
5 Cracker spread
6 Somewhat (Suff.)
7 Board and 32 pieces
8 Seem
9 Settled a debt
10 Croon
11 Actress Sommer
16 Ph. bk. data
20 Many summertime births
21 Dalai —
22 Moby Dick's pursuer
23 Rolling stone's lack
24 Unawares
26 Fairbanks folks
27 Naval hoosegow
28 Continental coin
29 Darling
31 Motley —
34 Uses one's gray matter
35 Mickey's girlfriend
37 Flying geese's formation
38 Wound cover
39 Kansas, to Dorothy
40 Urban disturbance
41 Abbr. that may cause sticker shock
44 Ghost's cry
45 AAA job
46 Lamb's mama
47 Listener

▶ Friday's answer



Sudoku

		3	6		9		5	
5		1	4	8		7		
	8						9	1
1			3		4		7	6
	7			5			1	
2	6		1		8			4
8	1						4	
		5		6	1	3		7
	3		2		5	1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

7	6	8	9	1	3	4	2	5
1	9	5	8	4	2	3	6	7
2	4	3	6	5	7	1	9	8
9	5	4	3	8	1	6	7	2
8	7	2	5	6	4	9	1	3
6	3	1	2	7	9	8	5	4
5	8	7	1	3	6	2	4	9
3	2	6	4	9	5	7	8	1
4	1	9	7	2	8	5	3	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jonathan
J<3 I am so proud of you and your new job, but now that you have to get up early every day I miss waking up next to you in the mornings :(so here is a kiss for every morning I'm not with you. I love you baby! xoxo
VICTORIA

barrett
im sending you a kiss that every one can see, alittle better then kissing in public. I love you every much barrett and I'm very happy, the lord has a plan for us
YOUR LIFE, CRYSTAL

snuggle bunny,
baby, the curve of your lips in the moonlight looks like a beautiful rose petal. i miss you everyday you're not with me. the touch of your hand warms up my whole day :) love youuu forever
SNUGGLE ELEPHANT

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Over the next 24 hours, don't burn yourself out. Just focus on what is most important — and do it.

♉ Taurus April 21-May 21 Don't be put off if someone you meet seems a bit too detached emotionally. You have things in common.

♊ Gemini May 22-June 21 There are times when you say things to shock those around you. Be ready for the backlash.

♋ Cancer June 22-July 22 Be honest with loved ones. Let them know what they are doing wrong.

♌ Leo July 23-Aug.23 You may be trying to deny your feelings, but is it worth the effort? You know it's bad to bottle them up. Express.

♍ Virgo Aug. 24- Sept. 22 Events may have taken some of the gloss off your achievements over the past few days. You'll shine soon.

♎ Libra Sept. 23-Oct. 23 Think deeply about your life and where it is headed. Then act.

♏ Scorpio Oct. 24-Nov. 22 You may not agree with what certain people are up to but it is not your place to question their actions.

♐ Sagittarius Nov. 23-Dec. 21 Every time you try to get started on something, a force holds you back. It may not be the right time.

♑ Capricorn Dec. 22-Jan. 20 Avoid people and places that depress you. Your mood will improve.

♒ Aquarius Jan. 21-Feb. 18 A friend or colleague will give you excellent advice today. If you are smart, you will listen and learn.

♓ Pisces Feb. 19-March 20. One-to-one relationships are under both helpful and challenging stars right now. **SALLY BROMPTON**

Caption contest

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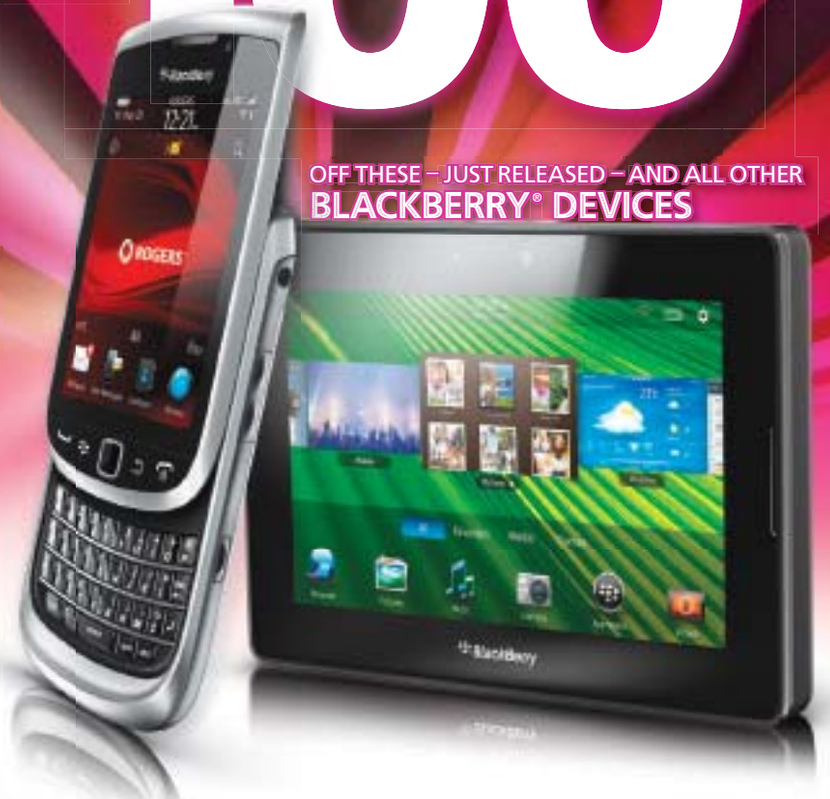

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